

Beneficial Wellness Newsletter

Wellness Success Stories

We want to hear YOUR story– it just might change someone’s life!

Everyone has a wellness story and each one is unique and inspiring. We are gathering wellness success stories from the MMHG community to share in future newsletters and on our website to encourage and motivate each other.

Success stories may include, but are not limited to:

- Positive experience from participation in MMHG Wellness Initiatives, events and programs (Savory Living, Learn to Live, Mindful Movement class, Zumba, Yoga, Walking Challenges...).
- Significant lifestyle improvement (participation in exercise programs, meeting nutritional goals, managing stress better...).
- Personal health improvement (weight loss success, lowered blood pressure, better sleep, quit smoking...).

Share your wellness story by email at wellness@mmhg.org or mail to MMHG P.O. Box 6008, N. Plymouth, MA 02362. Your story and first name will only be shared with your permission. **BONUS: Submit your wellness story by June 30th to be entered in a raffle to win one of three \$50 gift cards!**

Your Healthiest Self: Reduce your Allergies

Content Source: National Institutes of Health

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame. Take steps to reduce your exposure to allergens.

To reduce allergies:

- Avoid outdoor allergens whenever possible. If pollen counts are high, stay inside with the windows closed and use the air conditioning.
- Avoid bringing pollen indoors. If you go outside, wash your hair and clothing when you come inside. Pets can also bring in pollen, so clean them too.
- Reduce indoor allergens. Keep humidity levels low in the home to keep dust mites and mold under control.
- Avoid upholstered furniture and carpets because they harbor allergens.
- Wash your bedding in hot water once a week.
- Vacuum the floors once a week.
- Talk with your doctor about medications and allergy shots.

Hot Topics:

Solve the MMHG Wellness Puzzle **Celebrate MMHG Wellness** on page 5 for a chance to win a raffle prize!

The information contained in this newsletter can be used to increase your personal awareness of health and wellness. Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.

Visit our website

www.MMHG.org/Wellness



Follow [mmhgwellness](https://www.instagram.com/mmhgwellness) on Instagram

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Important Information for all MMHG Subscribers

You are required to notify your employer within 30 days of the following life events:

- ~Change of address
- ~Divorce/Remarriage
- ~Medicare eligibility of yourself or of a dependent
- ~Marriage
- ~Birth/adoption/legal guardianship
- ~Dependent loss of status as a dependent (except for turning age 26)

Medicare Plan Subscribers

- ~Medicare primary subscribers and dependents must continue to pay their Part B premium to be eligible for coverage.
- ~Medicare Plan subscribers do not enroll in another Part D plan without checking with your benefit coordinator first. Enrolling in another Part D plan could automatically cancel your coverage in your current MMHG plan!

Prescription Tips

- Confirm the exact dose and timing of each medication with your pharmacist. Follow the schedule exactly, and take the exact dose prescribed.
- Whether you use a chart, a pill organizer, or set alarms on your phone, reminders are a good way to make sure you never miss a dose.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means, contact us at 774-773-9306 or by email wellness@mmhg.org and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Healthcare IQ : How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG Beneficial Wellness Newsletter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

The ABC's of Health Insurance

Health insurance is complicated and the ability to understand it's terminology is key to making good decisions about your health plan and medical care. Here are a few definitions of common terms related to prescription medications. Find additional definitions of health insurance terms in future newsletters and at <https://www.bluecrossma.org/myblue/glossary-of-terms>.

Brand-name drug:

A drug manufactured by a pharmaceutical company that has chosen to patent the drug's formula and register its brand name.

Generic drug:

A prescription drug that has the same active-ingredient formula as a brand-name drug. A generic drug is known only by its formula name and its formula is available to any pharmaceutical company. Generic drugs are rated by the Food and Drug Administration (FDA) to be as safe and as effective as brand- name drugs and are typically less costly.

Formulary:

A pre-approved list of commonly prescribed prescription drugs. Most health insurance companies maintain some kind of formulary. Formularies are usually developed by a committee of physicians and pharmacists, and include both brand-name and generic medications. Medications included in a formulary are usually covered by a health insurance plan's benefits.

Mail order/mail service pharmacy:

A pharmacy that dispenses maintenance medications through the mail. Mail order or mail service pharmacies usually charge members the same copayment for a longer-term supply of medications (typically 90 days) as a retail pharmacy charges for a standard 30-day supply.

Maintenance medication:

Medications that are prescribed for long-term treatment of chronic conditions such as diabetes, high blood pressure, or asthma.

Prior Authorization:

The process of obtaining prior approval for a medication from health plan pharmacists and physicians before dispensing that medication.

Quality-care dosing:

A review of a medication that ensures both quantity and dosage are consistent with the recommendations of the Food and Drug Administration (FDA), manufacturer, and clinical recommendations.

Step therapy:

The process by which a physician is required to prescribe a first-line medication (often a more affordable generic medication) prior to prescribing a second-line, or brand-name medication.

Three-Tier Copayment:

A three-tier pharmacy program means that you'll pay one of three copayment levels for each prescription: Most generic drugs have the lowest copayment. Preferred brand-name drugs have a slightly higher copayment. Non-preferred drugs (the vast majority of which have a generic or preferred brand-name alternatives) require the highest copayment.

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

Move Your Way to Better Mental Health

Remember that feeling after a good walk or workout—how your mind feels clearer, your mood is lifted, and your body more alive? The link between our minds and bodies is stronger than we might realize, and exercise nurtures that link powerfully, improving both mental and physical health.

When we exercise, our bodies release a variety of chemicals including endorphins, serotonin, and dopamine that can naturally help improve our mood. And the benefits extend beyond mood. We can experience improved sleep, clearer thinking, and greater stress tolerance all by practicing more consistent physical activity.



How can we create a consistent and sustainable exercise routine that we can stick with over time? It helps to start by knowing our values – who we are, who we want to be, and what’s most important to us. Our values are not specific goals which may come and go over time, but rather like our personal North Star providing a sense of direction that we can move toward whenever in doubt. Whether it's connection, creativity, or courage, focusing on what truly matters helps us make decisions that align with who we want to be.

Connecting physical activities with our most deeply felt values can also transform exercise from feeling like a chore into meaningful practice. For example, if you strongly value resilience, then each workout becomes an act of building mental and physical strength. If connection matters most, group fitness classes or walking with friends can nurture both your body and social wellbeing.

Once we have identified our values, there are a number of practical Cognitive Behavioral Therapy (CBT) strategies to help bridge the gap between intention and action:

- Challenge unhelpful thoughts. Transform "I'm too tired" into "Even ten minutes of movement will energize me".
- Create small behavior experiments. Test and track whether brief daily walks actually improve your mood.
- Use habit science. Add brief movement to existing routines, like stretching immediately after brushing your teeth in the morning or doing squats while you wait for your coffee to brew.

The journey toward better mental and physical health doesn't require huge life changes. Small, consistent steps aligned with your values create lasting change. Perhaps it's a five-minute morning meditation, a brief walk at lunch, or simply pausing to breathe deeply when stressed.

Get Started Today

Consider what type of movement you can add to your routine today and schedule it! If you want to dive deeper, Learn to Live has several programs and resources that can help you align your daily physical activities with your values to create a foundation for better wellbeing. You can learn more about your overall mental health and wellbeing needs by taking a quick mental health assessment. Do this by scanning the QR code below or visiting learntolive.com/partners and enter access code **MMHG**. Learn to Live is available to you and your family members, ages 13 and older at no cost.



STRESS, ANXIETY & WORRY | SOCIAL ANXIETY
| DEPRESSION | INSOMNIA | SUBSTANCE USE



Go To the Cookout (Best Mental Health Tip Ever)

Cookout season is nearly upon us. Burgers, watermelon slices, and the unmistakable sound of someone insisting they “definitely know how to use a charcoal chimney.” Whatever your version of an early summer cookout looks like, here’s some good news: these moments might actually be good for your mental health too.

Let’s start with the food. Grilled proteins like chicken, fish, or a solid veggie burger bring nutrients like B vitamins and omega-3s, both known for supporting brain function. Pile on seasonal sides like juicy tomatoes, sweet corn, leafy greens, and berries, and you’ve got yourself a meal that delivers on flavor and mood. (Bonus points if your aunt’s famous three-bean salad makes an appearance. Fiber is a gut-health MVP, and your gut and brain are more in sync than you might think.)

Speaking of guts and brains: research shows that the balance of bacteria in your digestive system can influence how you feel mentally. So those fermented foods hanging out on the table – pickles, sauerkraut, maybe a rogue yogurt-based dip – can help support your gut health and mental wellbeing from the inside out.

But it’s not just about what’s on your plate. Summer food traditions offer emotional comfort. A favorite cookout dish or special dessert can spark nostalgia and create a sense of normalcy in an otherwise hectic world.

And let’s not forget the power of being together. Eating outdoors, catching up over seconds, hearing someone’s hot take on grilling technique – it all helps lower stress and boost that feeling of belonging. It’s not just the sunshine doing the heavy lifting. It’s the community around the table.

Cookout Menu

- Veggie Burgers
- Fish Kabobs
- Corn on the Cob
- 3 Bean Salad
- Fresh Salsa
- Grilled Pineapple & Yogurt Dip
- Badminton
- Music
- Conversation
- Laughter



MMHG Wellness– Current & Upcoming Programs

Here’s a sample of some of the virtual MMHG Wellness programs that can be easily accessed using your computer, tablet, or smart phone. MMHG Wellness programs are FREE and open to employees, retirees & dependents of MMHG member units. Visit www.MMHG.org/Wellness for a complete schedule of events and description with registration details. Check back often as new programs are added all the time.

Ongoing:

On Demand Fitness: FREE 24/7 access to professionally filmed fitness classes.

Learn to Live: Free & confidential online mental health Program.

Savory Living: 12 session online, evidence-based, healthy eating food as medicine program. FREE spots available

EX Program: FREE online smoking cessation program.

Virtual Mindfulness Sessions: Wednesdays & Thursdays, 8:30– 9 a.m.

Virtual Strength Training Classes: Tuesdays & Thursdays 7:30-8 a.m.

Virtual Cardio Dance Classes: Tuesdays & Thursdays, 5:30–6:30 p.m.

Virtual Yoga Classes: Mondays & Wednesdays 5:30–6:30 p.m.

Upcoming Highlights:

Step into Summer Challenge: June 2– 29

Series- What Nature Teaches Us About Mindfulness
June 3, 10, 17, 12:00–12:30 p.m.

Webinars:

Stress and Heart Health: May 28, 1– 1:30 p.m.

Herbs at Home- Growing your Culinary Garden:
June 4, 1– 1:30 p.m.

Atomic Habits: Nature’s Prescription: June 11, 1-1:30 p.m.

Nourish with Island Flavors: Delicious and Nutritious

Caribbean Cooking: June 18, 1-1:30p.m.

The Rainbow Diet: June 25, 1– 1:30 p.m.

Find webinar recordings at www.mmhg.org/wellness

WIN A *BBQ BASICS* TO-GO KIT!

Print, solve and return the completed puzzle to MMHG no later than **June 30th** and you'll be entered in a random drawing to win **one of seven– BBQ Basics to-go Kits**. Get ready for a tasty summer of grilling with this 5-in-1 multi tool, including a spatula, fork, basting brush, corkscrew, and bottle opener for everyday use in the kitchen or patio! Made with a beechwood handle and stainless-steel tools. This kit also includes a “food safe grilling” tip card.

BONUS: Complete the poll below for a chance to win a \$50 Amazon Gift Card!

Return your completed puzzle via:

Email-
wellness@mmhg.org

or FAX-
774-773-9403

or Mail-
MMHG
PO Box 6008
North Plymouth, MA 02362

If you would like a printed copy of the puzzle mailed to you call 774-773-9306 or request by email at wellness@mmhg.org.

Your Name:

Email Address:

*Member Unit:

Mailing Address (to send prize if you're a winner)

Eligibility: Raffle is open to all employees, retirees, dependents 18+ of MMHG member units. *Your member unit is the municipal entity (town, district etc.) you work at or retired from.

Winners will be notified by email on July 7th.

SOLVE THE MMHG WELLNESS PUZZLE

Celebrate MMHG Wellness

Puzzle Directions: Circle or highlight the in the word search puzzle below. Words appear straight across, backwards, straight across, up and down, down and up, and diagonally.



CHAIR YOGA
CHALLENGES
EXERCISE CLASSES
EX PROGRAM
FITNESS BENEFIT

INCENTIVES
LEARN TO LIVE
MIND BODY
MINDFULNESS
NEWSLETTER

SAVORY LIVING
SEMINARS
WEBINARS
WEIGHT LOSS BENEFIT
WELLABLE ON DEMAND

BONUS Poll

What is your favorite MMHG Wellness Program?

- Newsletter Puzzle
- BCBS or HP Fitness Benefit (Reimbursement)
- Spring and Fall Walking Challenges
- Savory Living Program
- Learn to Live Program
- Seminars & Webinars
- Other: _____

Select all that apply and/or write in (other) for a chance to win a \$50 Amazon gift card . We'll share poll results in the summer newsletter!

Discover these programs and others at WWW.MMHG.ORG/WELLNESS.



EAT TO REDUCE INFLAMMATION and love Every Bite!

FREE lifestyle program that makes healthy eating easy, fun & delicious!

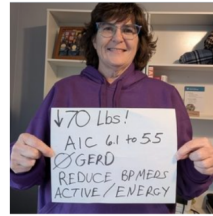
Discover how to eat to reduce inflammation - solve what you care about
energy, sleep, moods, digestive issues, headaches, joint pain, cholesterol, blood pressure, triglycerides, Diabetes, heart disease, auto-immune, food sensitivities

Reach and maintain your ideal weight - without dieting

Learn time-saving cooking & flavoring skills - love the food you eat

Get support from your coach - create a lifestyle that sticks!

No COST - First 20 MMHG Members Who Sign Up
Go To: www.savoryliving.com/mmhg



Susan T.

"This program is amazing! Everything I cooked tasted absolutely delicious. I feel so much better. I have more energy, my A1C and cholesterol levels have dropped, and the pain in my knees has eased so much that I can move around easily again! The knowledge you gain is incredible! It gives you the tools you need to help your body function the way it's supposed to. This is the lowest weight I've been in a long time, but it's about so much more than the number — it's about truly feeling good again."

Mary M.

92%

HEALTH IMPROVEMENTS
Reductions in A1C, blood pressure, cholesterol, triglycerides, digestive issues, headaches, joint pain

95%

LOVE HOW THEY EAT AND FEEL

Mayflower Municipal Health Group



P.O. Box 6008
N. Plymouth, MA. 02362

www.MMHG.org
Contact us at wellness@mmhg.org

PLEASE
PLACE
STAMP
HERE

MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:

- Bridgewater ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater Attleboro
- Taunton Regional Transit Authority ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hull ~ Kingston ~ Marshfield ~
- Norfolk County ~ North River Collaborative ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~
- Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~ Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~
- Whitman ~ Whitman-Hanson Regional School District ~